

**WHAT IS CLAIMED IS:**

1. A lacrosse head comprising:

a frame having a top edge, a bottom edge, an interior face, and an exterior face, wherein the frame encloses an interior area, and wherein the frame is adapted to receive a pocket disposed adjacent to the bottom edge; and

at least one protrusion disposed on the top edge, wherein the at least one protrusion protrudes toward the interior area.

2. The lacrosse head of claim 1, wherein the frame comprises a stop member, two sidewalls connected to the stop member, and a scoop connected to the two sidewalls opposite the stop member, and wherein the at least one protrusion is disposed on at least one of the two sidewalls.

3. The lacrosse head of claim 2, further comprising at least one bottom protrusion disposed on the bottom edge of the at least one of the two sidewalls, and

wherein any height of the frame, inclusive of the at least one protrusion and the at least one bottom protrusion, does not exceed a specified sidewall height.

4. The lacrosse head of claim 3, wherein the specified sidewall height is one of approximately 2 inches and approximately 1.8 inches.

5. The lacrosse head of claim 3, wherein the at least one protrusion comprises a first top protrusion and a second top protrusion spaced apart from each other,

wherein the at least one bottom protrusion comprises a bottom protrusion, and

wherein the bottom protrusion is disposed substantially between the first top protrusion and the second top protrusion.

6. The lacrosse head of claim 3, wherein the head is adapted to receive a shaft along a shaft axis, and wherein frame height is measured substantially perpendicularly to the shaft axis.
7. The lacrosse head of claim 6, wherein the sum of the height of the sidewall, the height of the at least one protrusion, and the height of the at least one bottom protrusion, measured separately, exceeds the specified sidewall height.
8. The lacrosse head of claim 1, wherein the at least one protrusion comprises two protrusions spaced apart from each other.
9. The lacrosse head of claim 1, further comprising at least one bottom protrusion disposed on the bottom edge, wherein the at least one bottom protrusion protrudes away from the interior area.
10. The lacrosse head of claim 9, wherein the at least one protrusion and the at least one bottom protrusion are disposed along the frame such that any frame height, inclusive of the at least one protrusion and the at least one bottom protrusion and measured substantially perpendicularly to the top edge, does not exceed a specified height, and  
  
wherein the sum of the height of a sidewall of the frame, the height of the at least one protrusion, and the height of the at least one bottom protrusion, measured separately, exceeds the specified sidewall height.
11. The lacrosse head of claim 9, wherein the frame is adapted to receive a shaft along a shaft axis, and wherein the at least one protrusion and the at least one bottom protrusion are disposed along the frame such that any frame height, inclusive of the at least one protrusion and the at

least one bottom protrusion and measured substantially perpendicularly to the shaft axis, does not exceed a specified height, and

wherein the sum of the height of a sidewall of the frame, the height of the at least one protrusion, and the height of the at least one bottom protrusion, measured separately, exceeds the specified sidewall height.

12. The lacrosse head of claim 9, wherein the at least one bottom protrusion defines thread openings.

13. A lacrosse head comprising:

a frame having a top edge, a bottom edge, an interior face, and an exterior face, wherein the frame encloses an interior area, and wherein the frame is adapted to receive a pocket disposed adjacent to the bottom edge; and

at least one protrusion disposed on the bottom edge, wherein the at least one protrusion protrudes away from the interior area.

14. The lacrosse head of claim 13, wherein the frame comprises a stop member, two sidewalls connected to the stop member, and a scoop connected to the two sidewalls opposite the stop member, and wherein the at least one protrusion is disposed on at least one of the two sidewalls, the stop member, and the scoop.

15. The lacrosse head of claim 13, wherein the at least one protrusion comprises at least two protrusions spaced apart from each other.

16. The lacrosse head of claim 13, wherein the at least one protrusion has an opening to which the pocket can be strung.

17. The lacrosse head of claim 13, wherein the frame comprises a stop member, two sidewalls connected to the stop member, and a scoop connected to the two sidewalls opposite the stop member, and wherein the at least one protrusion is disposed on a sidewall,

wherein the lacrosse head further comprises at least one top protrusion on the top edge of the sidewall,

wherein any height of the frame, inclusive of the at least one protrusion and the at least one top protrusion, does not exceed a specified sidewall height, and

wherein the sum of the height of the sidewall, the height of the at least one protrusion, and the height of the at least one top protrusion, measured separately, exceeds the specified sidewall height.

18. The lacrosse head of claim 17, wherein the specified sidewall height is one of approximately 2 inches and approximately 1.8 inches.

19. The lacrosse head of claim 17, wherein the lacrosse head is adapted to receive a shaft having a shaft axis, and wherein the height of the frame is measured substantially perpendicularly to the shaft axis.

20. A lacrosse head comprising:

a stop member;

sidewalls extending from the stop member, wherein the sidewalls have a top edge, a bottom edge, an interior face, and an exterior face;

a transverse wall joining the sidewalls at their end opposite to the stop member, wherein an interior area is defined by the stop member, the sidewalls, and the transverse wall; and

a protrusion disposed on the top edge of a sidewall of the sidewalls, wherein the protrusion protrudes toward the interior area.

21. The lacrosse head of claim 20, wherein the stop member has an upper edge, a lower edge, and an inside face, and wherein the lacrosse head further comprises a tab disposed on the bottom edge of the stop member, wherein the tab protrudes away from the interior area.

22. The lacrosse head of claim 20, further comprising a tab disposed on the bottom edge of the sidewall, wherein the tab protrudes away from the interior area.

23. The lacrosse head of claim 22, further comprising a second protrusion disposed on the top edge of the sidewall, wherein the second protrusion protrudes toward the interior, and wherein the protrusion and the second protrusion are spaced apart from each other, and wherein the tab is disposed substantially between the protrusion and the second protrusion.

24. The lacrosse head of claim 22, wherein the head is adapted to receive a shaft along a shaft axis, and

wherein the height of the sidewall, as measured along a line substantially perpendicularly to the shaft axis, and inclusive of any protrusion or tab along the line, is no greater than a specified sidewall height.

25. The lacrosse head of claim 24, wherein the sum of the height of the tab, the height of the protrusion, and the height of the sidewall, measured separately, exceeds the specified sidewall height.

26. A lacrosse head comprising:  
a stop member;

sidewalls extending from the stop member, wherein the sidewalls have a top edge, a bottom edge, an interior face, and an exterior face;

a transverse wall joining the sidewalls at their end opposite to the stop member, wherein an interior area is defined by the stop member, the sidewalls, and the transverse wall;

a tooth disposed on the top edge of a sidewall of the sidewalls;

a tab disposed on the bottom edge of the sidewall,

wherein the head is adapted to receive a shaft along a shaft axis,

wherein the sum of the height of the tooth, the height of the tab, and the height of the sidewall, measured separately, exceeds a specified maximum sidewall height, and

wherein the tooth and the tab are disposed along the sidewall such that any height of the lacrosse head measured substantially perpendicularly to the shaft axis, inclusive of the tooth and the tab, is no greater than the specified maximum sidewall height.

27. The lacrosse head of claim 26, wherein the tooth protrudes toward the interior area.

28. The lacrosse head of claim 26, wherein the tab protrudes away from the interior area.

29. The lacrosse head of claim 26, wherein the tab defines thread openings.

30. The lacrosse head of claim 26, further comprising a second tooth disposed on the top edge of the sidewall and spaced apart from the tooth, and wherein the tab is disposed substantially between the tooth and the second tooth.